

# LYNN COUNCIL ON AGING SENIOR CENTER



## August 2013

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

### From the Director's Desk

I can't believe its August already! We waited so long for the summer and now it feels like it's zipping right by us! We're adding some offerings, looking at new programs and planning ahead. Hold December 11<sup>th</sup> open for the Holiday Party-it will be here before you know it! Some announcements for you to consider.... We have a new piece of equipment, the IN2L. The acronym stands for, "It's never too late". It's a free standing computer system; I call it a robot. It integrates various hardware, software, media, ergonomic and adaptive components necessary to allow virtually any person with interest—regardless of background, physical or intellectual abilities to do so pleasurably, engagingly, and with minimal frustration. Its picture based with a touch screen similar to our "My Senior Center" program we use now to swipe for attendance. You can play games and mind stimulating challenges, exercise, web cam connect with friends and relatives, create a scrapbook with music, and even ride a bicycle around Lynn! Check it out! Try the IN2L every Wednesday in the Activity Room from 12:30pm – 1:30 pm.

Did you know we have a Good Will Ambassador? Josephine Phillips volunteers every Tuesday to make friendly calls, mail out get well cards and connect to seniors who can't make it to the center. If you know of someone who hasn't been feeling so good, needs a nudge, maybe some cheering up? Let us know and Josephine will connect with them.

Have an iPod/iPad, cell phone, lap top, tablet or other electronic that you're not quite sure about something? Swing in soon! The summer help is here. We have young adults from Kipp to College, Girls, Inc, and Catholic Charities. Best to make an appointment so you know their schedule.

We're looking to meet LGBT elders. The Senior Center in partnership with GLSS realizes this is an underserved population and wants to offer social events to reach out to you. At these events, you have the opportunity to meet other LGBT elders and access information on available resources and services. Contact Susan Rowley for more information at 617-480-6939. We welcome your ideas for planning future events.

Ever want to learn how to Salsa? As part of our Latino Outreach we've started a non-challenging fun exercise program in the game room on Thursdays at 12noon. It's simple... just move. Then you're getting healthy without realizing it when you're around people and everyone's laughing and smiling!

All events and programs are open to all!

### From Your Mayor

I hope you have been having an enjoyable, relaxing summer.

As we look ahead to Labor Day, there are still many more warm days to enjoy. I invite you to join us for the remaining performances of the summer concert series at Red Rock Park on Aug. 1, 8, 15 and 22. Performances include Shuffle Mode on Aug. 1, White Lightnin' on Aug. 8, 12:01 Blues Band on Aug. 15 and Classmates on Aug. 22. All concerts are from 6 to 8 p.m. Admission is free. Bring your own chairs and blankets.

On Friday, Aug. 23, Red Rock Park will also host a free movie night. Bring your blanket, chair and a picnic and settle in for a viewing of "Oz: The Great and Powerful." Music and games start at 7 p.m. and the movie will follow at 8 p.m.

The 2nd Annual Shakespeare in Lynn Woods continues through Aug. 11 with performances of "Much Ado About Nothing." Performances are Saturdays and Sundays at 1 p.m. and 4 p.m. Please bring your own chairs or blankets. Call 781-205-4010 for ticket information.

The Backyard Bash, presented by Arts After Hours and the Lynn Museum & Historical Society will be held Aug. 17. Local artists will have their art on display and for sale and food will be provided by Lynn Meatland.

Summer is a wonderful time for healthy eating and we are lucky enough to have full access to fresh fruits and vegetables every week in Downtown Lynn. I urge you to visit the Central Square Farmers' Market, which is open every Thursday through October from 11 a.m. to 3:00 p.m. on the corner of Union Street and Exchange Street.

On Aug. 1, we will celebrate Literacy Day. Please join me and Operation Bootstrap as we host a literacy celebration, overlooking the ocean, on the All Care VNA & Hospice rooftop, located at 210 Market St. The event will start at 5:30. Tickets are \$25 in advance, \$35 at the door. For more information please call 617-851-6749. To learn more about Operation Bootstrap, visit [www.operationbootstrap.org](http://www.operationbootstrap.org).

Enjoy this wonderful season,  
Mayor Judith Flanagan Kennedy

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## Lynn Council on Aging Senior Center

### Publication funded by:

Executive Office of  
Elder Affairs &  
City of Lynn

### Meet the Staff:

Stacey Minchello  
Director 781-599-0110 ext. 503  
Rosa Paulino-Diaz  
Assistant 781-599-0110 ext. 625  
Kristi Harris  
Assistant 781-599-0110 ext. 618

### Hours of Operation:

Monday thru Friday  
8 a.m. to 4 p.m.

## LCOA Board of Directors

Arthur Akers  
Edmund Brown  
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Clerk

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President

Meets 4th  
Wednesday  
monthly at  
1:30 p.m.

## FRIENDS of LCOA Executive Board

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Cindy LeBlanc  
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President  
Vice-President  
Treasurer  
Recording Secretary  
Membership Secretary

Meets last  
Thursday  
monthly at 10 am

## LGBT SOCIAL



Bus leaves  
@ 3:30 pm  
Pizza & Keno  
Ends @ 6:00 p.m

## AUGUST HAPPENINGS

Thurs, Aug 1	<u>Lunch Trip:</u> Clam Box, Ipswich	\$2	11:00 am – 2pm
Fri, Aug 2	<u>Field Trip:</u> Wenham Museum	\$2	9:30 am – 2pm
	Free admission to museum	lunch stop on way home on own	
<b>Mon, Aug 5</b>	<b>Lynn Seniors Health Fair &amp; Farmer's Market Coupons</b>	<b>9 a.m. – 1p.m.</b>	
	<b>Ingalls Elementary School – 1 Collins Terrace</b>		
	<b>See page 7 for eligibility requirements</b>		
Tues, Aug 6	Mr. Specs Eye Glass Clinic		10:00 a.m. – 11:00 a.m.
<b>Thurs, Aug 6</b>	<b>Birthday Karaoke</b>		<b>11:30 a.m. – 1:00 p.m.</b>
Weds, Aug 7	<b>FOOD STAMPS</b>	*note time change*	9:00 a.m. – 1:00 p.m.
Thurs, Aug 8	<u>Lunch Trip:</u> Clam Box, Ipswich	\$2	11:00 am – 2pm
Thurs, Aug 8	<b>Podiatry Appointments</b>		10:00 a.m. – 12:00 p.m.
Tues, Aug 13	<b>Blood Sugar Clinic</b> “Lucy Booth” Open!		8:00 a.m. – 9:30 a.m.
	Nurse available for your questions.		
Tues, Aug 13	LGBT Social @ Northern Lights –		3:30 p.m. – 6:00 p.m.
	Bus \$2 Pizza & Keno		
<b>Fri, Aug 16</b>	<b>Boston Food Bank: <u>Brown Bag</u></b>		<b>10:00 a.m. – 12:30 p.m.</b>
<b>Mon, Aug 19</b>	<b>Women's Group Meeting</b>		<b>11 am</b>
<b>Tues, Aug 20</b>	<b>FOXWOODS CASINO \$25</b>		<b>7:00 a.m. -6:30 pm</b>
	<b>\$10 Food or Buffet \$10 Keno Bet</b>		
<b>Wed, Aug 21</b>	<b>Duck Tours~ \$80 pre-paid reservation time</b>		<b>8:30 a.m.-5:30 p.m.</b>
<b>Thur, Aug 22</b>	<b>Hawaiian Luau</b>		<b>11 am</b>
	<b>Special menu, raffle, and fun!</b>		
	<b>Live entertainment by Jim Moses</b>		
	<b>~sponsored by The FRIENDS of the Lynn Council on Aging~</b>		
Fri, Aug 23	<u>Field Trip:</u> Isabella Stuart Gardner Museum	\$2	10:00 a.m. – 2:00 p.m.
Tues, Aug 27	<u>Field Trip:</u>		9:00 a.m. – 2:45 p.m.
	Butterfly Place & Kimball Farms Ice Cream		
	\$2 bus \$5.50 ticket to Butterflies,		
	Kimball's on own		
Tues, Aug 27	Hearing Clinic Fireplace lounge		9:00 a.m. – 11:00 a.m.
Weds, Aug 28	Lynn Council on Aging Board of Directors Meeting		1:30 p.m.
	Board Room		
Thurs, Aug 29	FRIENDS OF LCOA Meeting		10:00 a.m. -11:00 a.m.
	1st floor board room		
Thurs, Aug 8	<b>Podiatry Appointments</b>		10:00 a.m. – 12:00 p.m.

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# AUGUST 2013

MONDAY	Tuesday	Wednesday	Thursday	Friday
			<sup>1</sup> Potato Crunch Fish/ Lemon O'Brien Potato Carrots/ Muffin Chilled Fruit ALTERNATIVE Salisbury Steak/Gravy	<sup>2</sup> Boneless Garlic Chicken Sr Cream Whipped Potato Peas & Onions Fresh Fruit ALTERNATIVE Liver & Onions/Gravy
<sup>5</sup> Stuffed Shells/Meat Sauce Grated Cheese/ Spinach WW Roll Chilled Fruit ALTERNATIVE	<sup>6</sup> Pepper Steak/Roll Hash Browns Peas & Carrots Cookie ALTERNATIVE Omelet/Cheese Sauce	<sup>7</sup> Orzo Veggie Soup Honey Mustard Tyson Chicken Italian Roasted Potatoes Fresh Fruit ALTERNATIVE Apple Glazed Roast Pork	<sup>8</sup> Chili/Shredded Cheese Steam Rice Tossed Salad/ Corn Bread Mandarin Oranges ALTERNATIVE Chicken Paprika	<sup>9</sup> Ham & Cheese Quiche Whipped Potato Roman Blend Veggies Jell-o ALTERNATIVE Beef Rib-B-Q/BBQ Sauce
<sup>12</sup> Macaroni & Cheese Baked Potato Half Green Beans/Oat Roll/ Fruit ALTERNATIVE Chicken Meatballs/Gravy Whipped Potato	<sup>13</sup> Stuffed Pepper/ Sauce Diced Seasoned Potato Peas & Carrots Chilled Fruit ALTERNATIVE Mesquite Chicken/ Gravy	<sup>14</sup> Fiesta Fish/ Dill Sauce Garlic Whipped Potato Corn & Red Pepper Pudding ALTERNATIVE Dominican Beef Stew	<sup>15</sup> Orange Pineapple Chicken Veggie Lo Mein Noodles Broccoli Fresh Fruit ALTERNATIVE Pork Patty/Gravy	<sup>16</sup> Minestrone Soup Egg Salad/WW Pita Potato Salad Cake ALTERNATIVE Turkey Salad/WW Salad
<sup>19</sup> Hot Dog/Roll Veggie Baked Beans Coleslaw Jell-o ALTERNATIVE Salisbury Steak/ Gravy	<sup>20</sup> Rosemary Herb Tyson Chicken Lyonnaise Potato Zucchini & Red Pepper Brownie ALTERNATIVE Vegetarian Burrito/Rice	<sup>21</sup> Swedish Meatballs Whipped Potato Beets Chilled Fruit ALTERNATIVE Haitian Turkey	<sup>22</sup> Aloha Chicken Pulled Pork / Broccoli Brown Rice Pilaf Ambrosia / Pineapple chunks ALTERNATIVE California Chicken Salad Pasta Salad	<sup>23</sup> Roast Turkey/Gravy Sweet Potato Peas & Onions Muffin/Fresh Fruit ALTERNATIVE Mushroom Quiche
<sup>26</sup> Chicken Florentine Cheddar Whipped Potato Jardinière Veggie WW Roll/ Chilled Fruit ALTERNATIVE Beef Strip Steak/Gravy	<sup>27</sup> Tomato Basil Soup Tuscan Tuna/WW Bulkie Macaroni Salad Pudding ALTERNATIVE Turkey & Cheese	<sup>28</sup> Meatloaf/Gravy Delmonico Potato Fiesta Blend Veggies Chilled Fruit ALTERNATIVE Veggie Quiche	<sup>29</sup> Chicken Stir Fry Steamed Rice Stir Fry Veggies/Oat Roll Cookie ALTERNATIVE Spanish Beef/Yellow	<sup>30</sup> Hamburger/Cheese/Roll Potato Salad Lettuce/Tomato/Pickle Corn/ Watermelon ALTERNATIVE Grilled Chicken Sandwich

# SENIOR CENTER ACTIVITIES • AUGUST 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:00-11:00 COMPUTER CLASS: INTRO	9:45-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
10:45-12:30 LUNCHEON	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	9:30-11:00 KNITTING & CONVERSATION
11:15- 12:15 COMPUTER CLASS: NTERNET	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
12:00-1:00 MEN SPORT'S CLUB	12:30-2:30 CRIBBAGE	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
1:00-2:45 BINGO (NEW TIME)	1:00-2:45 POKENO	11:30-12:15 EXERCISE CLASS	1:00-3:00 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO (NEW TIME)
	1:30 Billiards Club	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	
		1:00-3:00 'PENNY ANTE' POKER		

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through our JCAHO accreditation.

## Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.

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## CASINO TRIPS

Departs from Lynn  
Senior Center

Casino Trips from Revere  
**Call for reservations and pick!**

### Foxwoods \$25

**7 am - 6:30 pm**  
August 20th & Sept 17th

Please sign up early! We  
need 40 reservations a full  
week before the travel date;  
otherwise we must cancel.



### Mohegan Sun \$25

**10:00 a.m. - 8:45 p.m.**  
Aug 13th & 27th  
Sept 10th & 24th

### Twin River \$20

**10:00 a.m. - 8:10 p.m.**  
Aug 8th & 22nd  
Sept 5th & 19th

Sign up in person at the senior center.  
OR

Mail your registration sheet and  
payment check in.  
Call for a sign up sheet  
and we'll mail it to you.

Any questions?  
Call Elaine 781-289-6144  
Call for reservations and pick!

## MOVIES...every Wednesday @ 1:00 p.m.

### Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Aug 7	Evan Almighty	PG	2006	90 min
Aug 14	Anapolis	PG-13	2016	104 min
Aug 21	A Beautiful Mind	PG-13	2001	134 min
Aug 28	The Aviator* (*12 noon start)	PG-13	2004	170 min

Don't be shy! Let us know if there's a movie you would like to see!  
Even if it's in the theatre now, we can queue it for months later.



## COMPUTER CLASS NOTICE

We are actively seeking a computer instructor and will keep you posted.

## Lynn Seniors Health Fair -Farmers Market Coupons

### SENIOR FARMER'S MARKET NUTRITION COUPON DISTRIBUTION – ANNOUNCEMENT & CRITERIA

Greater Lynn Senior Services Nutrition Program will distribute Senior Farmer's Market Coupons to **QUALIFIED LYNN SENIORS**.

**WHEN: Monday, August 5, 2013**

**WHERE: Ingalls Elementary School, 1 Collins Terrace, Lynn, MA 01902**

**WHAT:** The Senior Farmer's Market Nutrition Program, established & funded by U.S. Dept. of Agriculture, provides low-income seniors with coupon booklets (valued at \$25.00) that can be exchanged for fresh fruits & vegetables at participating Farmer's Markets across the Commonwealth.

**WHO: Low-income seniors**, generally defined as individuals who are at least 60 years old & who have incomes of not more than 185% of the federal poverty level. As of 7/1/13, that means income levels are:

1 Person Household: \$21,257/year or \$1,772/month

2 Person Household: \$28,694/year or \$2,392/month

**HOW:** Coupons will be given on a first-come, first-served basis to **SENIORS who meet the eligibility criteria**.

Proof of eligibility – seniors will need to demonstrate they are low-income by showing proof that they are enrolled in or participate in a government-funded benefit or assistance program. They must: bring and ID that shows their Date of Birth & Address (such as Massachusetts Driver's License)

### AND

**proof** that they receive any ONE of these types of assistance that the State has identified as acceptable for the Senior Farmer's Market Coupon Program:

- Supplementary Social Security Income (SSI) – seniors must bring their SSI card
- Section 8 Housing – seniors must bring a letter that shows they have been granted a Section 8 rental voucher
- Fuel Assistance – seniors must bring a letter that shows they have been approved to receive energy assistance.
- Food Stamps - seniors must bring Food Stamps card
- Medicaid - seniors must bring Medicaid card



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## Arthritis, Pain and You

The word *arthritis* refers to more than 100 different diseases. Arthritis can affect people of all ages. The most common types are rheumatoid arthritis and osteoarthritis.

Warning signs may include pain, swelling, stiffness, or problems moving one or more joints lasting for more than two weeks. Talk with your doctor. It is important to find out exactly what type of arthritis you have. Early treatment of the specific kind of arthritis helps to limit the affects of the disease.

Depending on the type of arthritis, the disease may be on-going. Although there may be no cure, much can be done to lessen the affects of the disease. Medicine and various therapies can reduce pain and promote easier movement of joints. Just as important are skills and actions you can learn that will keep you doing the things you like to do. Exercise, relaxation techniques, healthy eating, and problem solving skills can make it possible to live well with arthritis, and lessen or manage the pain.

### Resources

The Massachusetts Chapter of the Arthritis Foundation can be reached through [www.arthritis.org](http://www.arthritis.org) or 1-800-766-9449

Also take a look at [www.nih.seniorhealth.gov](http://www.nih.seniorhealth.gov) an easy to use reliable source for all kinds of health information.

Check out GLSS Healthy Living Programs Mary Carideo 781-856-8527

Attend ***Put Pain in Its Place: How to get Osteoarthritis Pain under Control***

### ***Put Pain in Its Place: How to get Osteoarthritis Pain Under Control***

Get the facts about osteoarthritis pain and learn how to control and even prevent pain. Together with your doctor, you can create a pain management plan that will help you get back to doing the things you enjoy. This program was developed by the Arthritis Foundation and the National Council on Aging.

**Wednesday August 21, 2013**

**9:00-10:00am**

**Lynn Senior Center**

For more information or to register contact:

Susan H. Brown RN, GLSS Healthy Living Program, 781-586-8568 [sbrown@glss.net](mailto:sbrown@glss.net)

Sponsored by Greater Lynn Senior Services



## My Little Dog

F	V	H	B	S	E	Y	E	N	W	O	R	B	W	Q	I	M	C
F	Z	E	H	R	B	D	L	T	S	S	T	A	E	R	T	Y	Z
J	O	S	T	A	Y	O	W	A	Q	C	L	C	L	B	J	W	G
J	F	O	Z	E	L	G	D	C	U	K	L	K	X	L	L	E	N
S	D	N	W	Y	R	G	T	S	E	E	J	Y	D	G	O	H	I
N	G	T	K	P	I	I	M	E	A	T	B	A	L	L	S	C	L
I	X	E	F	P	G	E	N	S	K	S	E	R	O	N	S	T	W
F	U	W	B	O	D	B	H	A	E	N	E	D	I	S	T	U	O
F	D	E	P	L	O	E	S	H	R	T	A	N	A	L	W	B	H
I	L	I	C	F	O	D	J	C	A	I	U	L	O	H	C	A	S
N	W	X	T	A	G	S	I	W	L	S	A	C	B	B	S	R	P
G	O	D	L	L	U	B	H	S	I	L	G	N	E	J	K	K	N
S	B	B	A	S	L	A	M	I	N	A	D	E	F	F	U	T	S

BACKYARD

BARK

BEGS

BLANKET

BONES

BOWL

BROWN EYES

CHASES CAT

CHEWY

COLLAR

CUTE

DOGGIE BED

ENGLISH BULLDOG

FLOPPY EARS

FOOD

GOOD GIRL

HOWLING

LEASH

OUTSIDE

PAWS

SHADE

SIT

SNIFFING

SNORES

SQUEAKER

STAY

STUFFED ANIMALS

TAGS

TREATS

VETERINARIAN

WALK

WATER

WET NOSE

WOOF

**Out and About Fun! Lynn Senior Center Trips 2013****Join us!****Weds, August 21<sup>st</sup>****\$80*****Boston Duck Tours! ~ includes Boston Common/Public Gardens & Luncheon***

**8:30am-** Depart from the Lynn Senior Center; head to the Boston Common where you'll see the Public Gardens and the Swan Boats. Enjoy a full course luncheon at the 'No Name' Restaurant on Fish Pier. Ride the famous Boston Ducks through Boston sights and take the plunge into the Charles River for a brief cruise.

Approximate return time to Lynn us **5:30 pm.**

~Final Payment due May 7<sup>th</sup> ~Must have 40 reservations~ Sign up by Aug 7th for 4 month payment plan of \$20 per month.

**Sun, Dec 1<sup>st</sup> – Mon, Dec 2<sup>nd</sup>****\$230 dbl****\$280 single****\$220 triple*****White Mountain Christmas ~ White Mountain Hotel & Resort, North Conway, NH***

**2 days/1 night - Includes 3 meals (including a Grand Sunday Brunch), 2 Holiday Shows, Special cocktail prices, Santa visit and a gift. Departs from Lynn Senior Center at 9 am.**

~\$50 deposit by Aug 1<sup>st</sup> holds a reservation ~ Must have 35 reservations ~ Payment Plan: Sign up by April 1<sup>st</sup> with a \$50 deposit followed by 6 monthly payments of \$30 due on the 1<sup>st</sup> of every month. Deposit is refundable up to Oct 1<sup>st</sup> and non-refundable after Oct 1<sup>st</sup>-no exceptions.

Participants travelling with the Lynn Council on Aging must complete trip registration forms that include emergency contact information. Seniors may register companion travelers aged 21 and over. Please call the senior center to discuss accommodations as some or parts of these trips may not be handicap assessable or conducive to those unable to walk far or handle stairs. LCOA reserves the right to deny a registration based on health reasons that may cause a risk. Remember to obtain a free parking permit for the municipal lot prior to the trip date if you plan on parking at the senior center. Accepting checks (no cash) by mail- 8 Silsbee St- payable to LCOA,

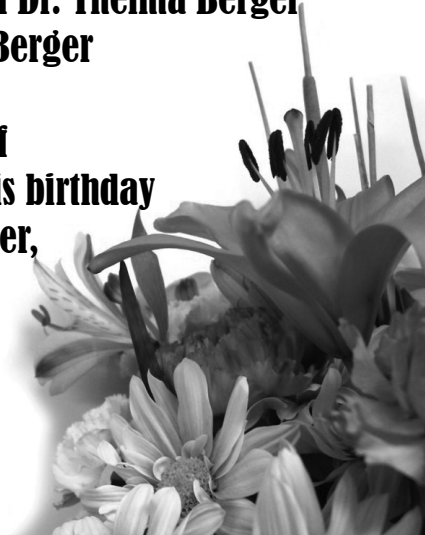
**Questions? Call Stacey at 781-586-8503**

**Latino Programming****GRATIS****Programas en Español****Mondays:****Computer Tutoring****12:30pm – 1:30pm****Computer Room****Wednesdays:****IN2L Exercise Session****12:30pm – 1:30pm****Activity Room****Thursday:****Latin Dance Party****12:00pm -1:30pm****Game Room****Lunes:****Clases de Computadora****12:30-1:30 pm****Cuarto de Computadoras****Miercoles:****Clases de Ejercicios****12:30-1:30 pm****Cuarto de Ejercicios****Jueves:****Fiesta de Baile Latina****12:00-1:30pm****Cuarto de Juegos**

**IN LOVING MEMORY**

**In loving memory of Dr. Thelma Berger  
~Dr. Harvey Berger**

**In loving memory of  
Arthur Warren on his birthday  
~Love his sister,  
Ethel**

**DEDUCTIBLE DONATION**

GE matches all donations made  
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ \_\_\_\_\_

In memory of      In honor of      In appreciation of

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## Hair Salon

### SOPHIE'S SALON

WEDNESDAYS  
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

Capture the Pride!



Lynn Council on Aging Senior Center

## WELLNESS OFFERINGS

### EYEGLOSS CLINIC

August 6th  
10:00 am—11:00 am  
By: Mr. Specs

### BLOOD SUGAR & BLOOD PRESSURE

September 13th  
8:00 am—9:30 am \*note time change\*  
Nurse available for any health questions.

### HEARING CLINIC

August 27th  
9:00 am—11:00 am

### PODIATRIST

August 8th & August 29th  
10:00 am—12:00 pm  
Call for appointment. Bring Insurance Card

### MASSAGE THERAPY

1:00 pm—3:00 pm  
Call for an appointment.

### LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET  
LYNN, MASSACHUSETTS 01901  
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